Monday, June 24, 2013

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BRUINS' AND BLACKHAWKS' TOP SKATERS INJURED IN GAME 5, QUESTIONABLE FOR GAME 6 PAGE 18

Marching with Pride

Kathleen Wynne to become Ontario's first sitting premier to march in the gay-pride parade PAGE 4

Mandela's condition now critical

Anti-apartheid leader's health worsens PAGE 6

Natural disasters, vulnerable infrastructure

Excavators work on the Cougar Creek bed two days after it tore through Canmore, Alta., Saturday. Experts at a disaster conference in Toronto say such events appear to be happening more frequently and with greater intensity, possibly as a result of climate change, and aging infrastructure is under increasing stress. JONATHAN HAYWARD/THE CANADIAN PRESS

'What we need ...' Lack of political will to fix $1T infrastructure deficit, public complacency cited as key obstacles

Canada's infrastructure has become more vulnerable to natural disasters such as the flooding in southern Alberta due to the rising cost of upkeep and increasing frequency of dangerous weather due to climate change, say experts attending a major conference on disaster management.

"How prepared are we? One way of answering that is that we will never be as prepared as we could be," said Adrian Gordon, former president and CEO of the Canadian Centre for Emergency Preparedness, one of the officials attending the World Conference on Disaster Management in Toronto this week.

Dr. Saeed Mirza, emeritus professor at Montreal's McGill University specializing in structural engineering, added that the monumental infrastructure costs accumulated over decades of negligence have left Canada particularly vulnerable to catastrophic events.

Climate change has had a "significant effect" on the intensity and frequency of these events, but denial of its existence and a lack of preparedness on the part of municipal governments have exposed the holes in our infrastructure system, Mirza added.

Paul Kovacs, moderator for the conference and a member of the Canadian Council for Social Development and the Meteorological Service of Canada, said that the international event will explore Canada's preparedness with speakers from dozens of countries taking part.

Mirza estimated Canada's infrastructure needs have reached about $1 trillion. A recent survey by the McKinsey Global Institute this year stated that worldwide infrastructure needs are about $57 trillion.

"What we need is a national infrastructure policy in Canada," said Mirza.

Mirza also proposed a system whereby the private sector would contribute to infrastructure costs, and cited estimates that 15 per cent of the operating expenses of many multinationals and major corporations are related to infrastructure.

THE CANADIAN PRESS

For more on the flooding in Alberta, see page 6.

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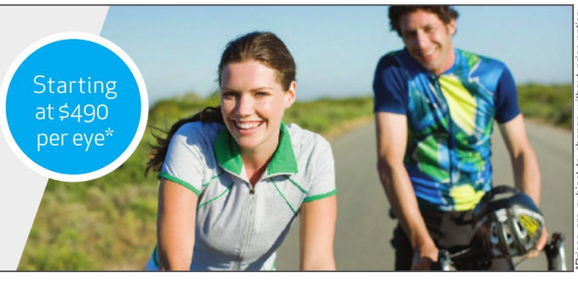

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Feds to help fund fight against human trafficking

PACT. Advocacy group has identified an increasing number of sex-trade victims over the past decade

JOE LOFARO
joe.lofaro@metronews.ca

The federal government is expected to inject some money into an Ottawa-based advocacy group that will study the scope of human trafficking and how to prevent sexual exploitation.

Rona Ambrose, minister of the status of women, will make a funding announcement Monday at city hall alongside Persons Against the Crime of Trafficking in Humans (PACT) Ottawa and its partners. The volunteer-run organization has been around since 2004 and works closely with the Ottawa Police Service to prevent the trafficking of young girls and women.

Christina Harrison Baird, director of PACT Ottawa's Impact project, which is expected to receive the government funding, said it, along with partner organizations, has identified an increasing number of victims since 2004.

"Most people in Ottawa would not say, 'Oh my God, that's the most pressing problem that we need to address.' And I think partly that's because awareness is still not perhaps what it should be," said Harrison Baird.

She said that most victims are females under the age of 25 and that some are as young as 13.

The results from PACT Ottawa's study will form a community-action plan to be developed in the second year of the funding agreement.

"The federal government deserves some credit for recognizing these types of problems are solved at the local level, but they also have a role because it's a criminal and human-rights issue," said Harrison Baird.

"I think there is a real concern," said Insp. Uday Jaswal with the Ottawa police.

Jaswal said some women choose not to report instances of human trafficking because of psychological conditioning or because they fear admitting to criminal offences as a result of being involved in the sex trade.

Recent allegations

- Recently in Ottawa, girls between the ages of 15 and 17 made their first court appearances in April to face allegations of forcing other girls as young as 13 into prostitution. Their trial has been adjourned until September.

Duelling dragon boats duke it out to raise funds for local charities

Dragon boaters dig in with their paddles in one of many Tim Hortons Ottawa Dragon Boat Festival races held this weekend. The tally for funds raised hadn't been compiled by press time, but organizers said they are confident they will meet this year's goal of $450,000. The rain on Saturday held some people away, said John Broom, the festival's CEO and president, but he estimated the event still drew approximately 70,000 people to Mooney's Bay beach from Friday to Sunday. This year marked the 20th anniversary of the festival, which is the largest of its kind in North America. Funds raised by participants support local charities. GARECH AMOS/CONTRIBUTED

Charges laid. Dogs found in sweltering cars: Society

The Ottawa Humane Society has charged two people with offences relating to leaving dogs unattended in cars.

The society said it levelled permitting distress and failure to meet standards of care charges at two people relating to incidents on May 30 and May 31 — days the humidex soared into the 30s.

On May 30, Ottawa Police Services officers were dispatched to Lincoln Fields Shopping Centre to rescue a Pomeranian and Maltese-type dog. One was found lying on the floor of the car, listless. The other dog was pawing at the door, trying to escape.

The following day, Humane Society officers were dispatched to rescue a Husky.

Charged are Kelly Grady of Ottawa and Wayne Patacairk, of Arden, Ont. METRO

Augusta Township

Man dead after vehicle slams into tree

A 21-year-old man is dead after police say his vehicle went off the road south of Ottawa and crashed into a tree. Police say he was driving around 5 p.m. Friday on County Road 21 in Augusta Township when his vehicle left the road. His name has not been released. THE CANADIAN PRESS

O-Trains. City rolls out new fuel-efficient trains

The City of Ottawa took delivery on Saturday of six Alstom Coradia LINT 41 diesel electric train-sets for its O-Train line. The new vehicles are said to be more fuel-efficient, which will help to reduce greenhouse gases and other emissions.

The new trains are part of the city's $59-million O-Train Service Expansion Project, which the city says will increase capacity. While the expanded system is under construction, OC Transpo will provide a replacement bus service to accommodate customers. METRO

Service disruption

Regular O-Train service will resume on Sept. 3, in time for the fall semester at Carleton University.

Korean War vets in Ottawa remember fallen comrades

63rd anniversary.
The war was Canada's third-bloodiest conflict

Two days before the 63rd anniversary of the start of the Korean War, Canadian veterans who fought in the Korean peninsula remembered their fallen comrades at a memorial service at the National War Memorial in Ottawa.

Veterans Affairs Minister Steven Blaney, Gov. Gen. David Johnston and officials with the Korean embassy in Ottawa were among the dignitaries who laid wreaths on Sunday in memory of those who served in the three-year conflict.

On June 25, 1950, North Korean forces crossed the 38th parallel into the Republic of Korea, triggering an allied response from Canada and 14 other United Nations countries who assisted the South.

More than 26,000 Canadian Forces members served in the Korean War before and after the armistice on July 27, 1953. It was Canada's third-bloodiest conflict. On Sunday, veterans remembered the 516 men and women who did not come home.

"Even though it had no name at that time, some had operational stress injury from coming back," Blaney said in an interview at a reception at the nearby Fairmont Chateau Laurier. "Recognition is part of the healing process. That's why it's so important to have the privilege to have them with us."

Sunday's event is part of the federal government's ongoing agenda to help mark 2013 as the Year of the Korean War Veteran. In April, Metro reported from South Korea as 36 Canadian veterans travelled back to the Korean peninsula with Veterans Affairs to mark the 60th anniversary of the signing of the armistice.

Doug Finney, one of the veterans who was part of the revisit program, laid a wreath at the War Memorial with veteran Bill Black, president of the Korean War Veterans Association National Capital Unit. Blaney, Johnston and members of the Korean embassy also laid wreaths in memory of those who served.

"It's good to see as many veterans back out again. Some I've known for a while," said Finney, who will assume the role of president of the Korean War Veterans Association of Canada on the significant date of July 27.

Veterans, from left, Guy Vachon, Doug Finney and Bill Black pay tribute to those killed in the Korean War during a memorial ceremony on Sunday at the National War Memorial in Ottawa. JOE LOFARO /METRO

He and a few other veterans who revisited South Korea in April reminisced at the reception Sunday about their trip and how much the country has changed in 60 years.

"I think it was an excellent trip," Finney said. "Seeing the progress they've made over the years is fantastic. The country is beautiful now." JOE LOFARO/METRO

Wynne first Ont. premier to march at Pride

Canada's first openly gay premier, Ontario's Kathleen Wynne, will march into history later this month when she becomes the first sitting premier to take part in Toronto's annual gay-pride parade.

Wynne, who is married to Jane Rounthwaite and has three children and two grandchildren, said attending gay-pride activities is an annual event for her.

"Well, it's part of summer, you know," she told The Canadian Press in an interview.

Former Ontario premier Dalton McGuinty often attended Pride Week festivities, but never marched in the huge parade that draws more than one million people to the streets of downtown Toronto.

Wynne, 60, wasn't aware that no other Ontario premier has marched in the pride parade before.

Festivities

What's billed as Toronto's 33rd annual pride parade will be held Sunday, June 30, but Pride Week itself kicked off June 21 with a barbecue, concert and party.

"Every year I take part in the pride events. Jane and I go to the Pride and Remembrance Run on Saturday morning. I go to the church service, which is always very, very moving, on Sunday morning, and of course I walk in the parade."

In a recent speech to the Ontario Public Service Pride Network, Wynne said questions about her sexual orientation that came up regularly during the Liberal leadership race that she won in January stopped once she became premier.

"I've travelled all across this province. Can I tell you how many people have raised the issue of my sexual orientation? None. Not a one."

THE CANADIAN PRESS

Ontario Premier Kathleen Wynne
NATHAN DENETTE/THE CANADIAN PRESS

Gatineau

City won't let STO turn buses on Boteler

The City of Ottawa is putting the brakes on a plan to let Gatineau's STO run buses down Boteler Street, and it's unclear if the National Capital Commission will be forced to keep bus lanes on Sussex Drive as a result.

Boteler residents were upset when they learned the NCC's plans to turn Sussex into a scenic route with wide sidewalks would mean the removal of bus lanes and force STO buses down their street in order to queue up at a roundabout to be built at Union Street and King Edward Avenue.

The city's decision to put a halt to the Boteler Street plan follows residents deluging Rideau-Vanier Coun. Mathieu Fleury's office with angry emails.

An email sent from Fleury's office to a resident stated: "Staff informed the NCC that the STO bus lane will remain on Sussex Drive as is currently and that they will need to compromise their vision of Confederation Boulevard. Therefore, the Boteler Street proposal is no longer to be considered." METROLAND

Lowertown roundabout. The city is considering other routes to get buses to a planned roundabout at Union and King Edward. CONTRIBUTED

Vanier Parkway area

Man arrested in June 12 stabbing

A 23-year-old Ottawa man was arrested Friday following a stabbing that happened in the early hours of June 12 in the Montreal Road, Vanier Parkway area. The altercation left a 25-year-old man with back injuries.

Police say the accused man and his alleged victim were acquaintances.

After seeking an arrest warrant, the Ottawa Police Service received information which led to the arrest of Tyler Blake in the area of Baseline Road and Merivale Road at about noon Friday.

Blake was scheduled to appear in court Saturday on a slew of charges including aggravated assault, assault with a weapon and uttering threats. METRO

Fighting cancer in style

What better way to celebrate the beginning of summer than shopping prêt a porter runway fashion and getting your hair and makeup done, all for a good cause. On Sunday, two Ottawa fashion designers teamed up with makeup and hair stylists at the Loft on Elgin Street to fight women's cancers and inject a bit of flair into the capital.

PHOTOS AND TEXT BY SEAN MCKIBBON

1

2

Showing their stuff. Fashion fanatics on display

From left: Designer Jana Hanzel, model Sogol Borjian and designer Emilia Torabi show off dresses, created by Hanzel and Torabi.

3

Eclectic style. Shades bold from the blue

Blue enamel and dimpled metal beads offer a burst of colour and glam.

4

Bending colours. Designer's choice

Shifting colours in the opal stones of this necklace make it one of Hanzel's favourites.

6

Angie's angels. Models give visitors a taste at the Loft

Paulina Hanzel and Betsy Leimbigler from Angie's Models welcome visitors to The Loft while modelling fascinators and gowns designed by Jana Hanzel and Torabi.

London calling. Designed for a Canadian dame or duchess

The Queen may have banned them from the Royal Ascot, but the eye-catching hairpiece/hat that was all the rage at the royal wedding was on full display at the Loft.

5

Shape shifting. An icy ode to Venice

Venetian glass beads make a quiet, yet colourful, statement.

A friend's experience with cancer was all the inspiration design duo Jana Hanzel and Emilia Torabi needed to stage what they termed a "spring fashion fling," at the Loft at 380 Elgin St. on Sunday.

"It's to put our name out there and it's always nice to do it for a good cause," said Torabi of the daylong event, which saw 10 per cent of all sales of their pieces, as well as spa treatments and professional hair styling, donated to the Ottawa Regional Cancer Foundation's Epic Walk for Women's Cancers.

The pair brought pieces from their Ottawa Fashion Week runway collections for women to try on, and even if a piece didn't fit Hanzel said everything was available to be ordered to be tailor-made.

"It's fun. We are introducing colours, trying to get people out of the dull grey, brown and black," said Hanzel.

She also let slip that in the fall she and Torabi will be introducing a line of menswear. Their designs and more information about their company can be seen at janaemiliafashion.com.

Hanzel and Torabi

Where can you see their designs next?

- **July 27.** The National Arts Centre
- **Aug. 17.** Hilton Casino du Lac Leamy

Mandela. South Africa's president asks world to pray for national hero

Nelson Mandela's health has deteriorated and he is in critical condition, the South African government said Sunday.

The office of President Jacob Zuma said in a statement that he had visited the 94-year-old anti-apartheid leader at a hospital Sunday evening and was informed that Mandela's condition had become critical in the past 24 hours.

"The doctors are doing everything possible to get his condition to improve and are ensuring that (Mandela) is well-looked after and is comfortable. He is in good hands," Zuma said in the statement.

Zuma also met Graca Machel, Mandela's wife, at the hospital in Pretoria and discussed the former leader's condition, according to the statement. Zuma was accompanied on the visit by Cyril Ramaphosa, the deputy president of the country's ruling party, the African National Congress.

Mandela, who became South Africa's first black president after the end of apartheid in 1994, was hospitalized on June 8 for what the government said was a recurring lung infection.

Nelson Mandela
AFP/GETTY IMAGES/FILE

Zuma appealed to South Africans and the rest of the world to pray for Mandela, his family and the medical team that is attending to him.

Mandela was jailed for 27 years under white racist rule and was released in 1990. He then played a leading role in steering the divided country from the apartheid era to democracy, becoming South Africa's first black president in all-race elections in 1994.

As a result of his sacrifice and peacemaking efforts, he is seen by many around the world as a symbol of reconciliation. THE ASSOCIATED PRESS

A man walks past a mural depicting Nelson Mandela Sunday in Johannesburg.
CHIP SOMODEVILLA/GETTY IMAGES

Elliot Lake

Town marks 1-year anniversary of mall collapse

Residents of Elliot Lake, Ont., marked the one-year anniversary of the collapse of the town's shopping mall by releasing balloons carrying messages of remembrance into the sky, said one of the people who attended the event.

Lifelong resident Joshua Bouchard said people filled a local civic centre on Sunday, listening to songs dedicated to the two women who lost their lives when the Algo Centre Mall roof caved in.

"Emotions were a little high, but calm," said Bouchard, who has lived in the town for all of his 25 years.

"I think they're just glad to come together as a community and remember this event together," he said.

Just after 2 p.m. — the exact time the mall collapsed — hundreds of balloons were let loose, Bouchard said.

THE CANADIAN PRESS

Calgarians began the flood cleanup in earnest Sunday as 65,000 residents were allowed access back into their homes to survey the damage. CANDICE WARD/FOR METRO

Calgary flood victims begin returning home

Surveying the damage. City still working to restore power to 24,000 customers

Quoted

"There are pockets of downtown where normalcy will not return for weeks."

Calgary Mayor Naheed Nenshi

JEREMY NOLAIS
Metro in Calgary

City of Calgary officials gave permission to 65,000 residents to return home Sunday and survey damage from flooding unlike any the city has seen in decades.

But some areas remained inaccessible, cut off by water that also damaged major landmarks, including the Pengrowth Saddledome and the Calgary Stampede grounds.

Mayor Naheed Nenshi encouraged employers in the core to only operate with "essential staff," until at least mid-week.

It's estimated as many as 100,000 residents were forced to leave their homes initially Thursday and Friday as water gushed into 25 communities.

Erosion had also wreaked havoc on storied communities like Inglewood and Bowness, where rushing water had carried whole pieces of road away. Canadian Forces members worked throughout the day Saturday to protect the area, including nearby homes.

Those same members were also tasked with attempting to save an electricity substation in the city's southeast that Gianna Manes, CEO of utility provider Enmax, said had "become part of the Bow River."

Sarah Harvey and Jan Gilroy were among the first people to return to Calgary's Riverbend area after that community reopened Saturday afternoon.

"I was checking every five minutes," Gilroy said. "I was just like, 'Please let us go back to my house.'"

Estimates on damage had not even begun to be tabulated, officials said.

WITH FILES FROM ROBSON FLETCHER

Saskatoon braces for Alberta floodwater

Saskatchewan is bracing for fast-moving floodwater flowing from Alberta, as the South Saskatchewan River becomes more dangerous by the minute.

While the swift flows were expected to peak on Sunday or Monday, officials advised residents to take extra caution.

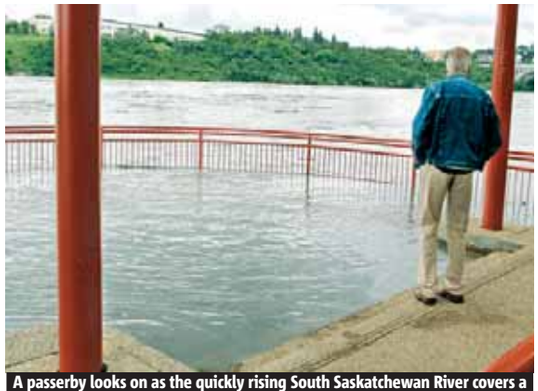
According to the provincial Water Security Agency (WSA), more than 6,000 cubic metres per second are estimated to move into the South Saskatchewan early this week, marking the highest flow recorded on the river since the early 1900s.

"It's going to take away soil faster and the riverbanks are going to become unstable faster," Shelby Rushton, CEO of the Lifesaving Society's Saskatchewan branch, said on Sunday.

"With the increase of flow, the dangers are increasing and we're encouraging people to stay away from the riverbanks."

The City of Saskatoon also warned residents about the water flows after the WSA began releasing 2,000 cubic metres per second from the Gardiner Dam on Saturday.

MORGAN MODJESKI AND ROSS ROMANIUK/METRO, WITH FILES FROM THE CANADIAN PRESS



A passerby looks on as the quickly rising South Saskatchewan River covers a section of the Meewasin Trail in Saskatoon on Sunday. MORGAN MODJESKI/METRO

Woman advocates for new laws to protect victims of 'revenge porn'

No consent. Private sexual video chat posted by woman's ex after they broke up has had 'devastating' effect on her personal, professional life

JESSICA SMITH
Metro in Toronto

Holly Jacobs was in a committed long-term, long-distance relationship with a man she trusted. To keep the romance alive, she participated in a private sexual video chat with him.

She didn't know he'd recorded it, but he did. She didn't know that after she broke up with him it would go viral on the Internet, but it did. Along with her full name, workplace and contact info.

Jacobs told Metro she believes the video was posted as a form of "revenge porn" — intimate photos or videos posted online without the other person's consent, with the intent to hurt them.

New Jersey has made the posting of revenge porn illegal. ISTOCK IMAGES

In some cases of revenge porn — which has several websites devoted to it — the photos were given freely during a relationship, but the victims did not consent to having them made public. In other cases, photos are taken during a sexual assault and posted online.

Nova Scotia MP Robert Chisholm is hoping Canada will follow New Jersey and make the posting of revenge porn illegal. He tabled a private member's bill before Parliament broke for the summer and hopes to work with the Conservatives on a similar bill in the fall.

His draft bill would make it an offence to distribute nude or sexually explicit photos of someone without his or her consent, punishable by jail time of 18 months to 10 years.

"Victims need to have services available, they need to have support and ultimately what they need is legal protection and perpetrators need to be held accountable," he said.

Chisholm wrote the bill after consulting with Rehtaeh Parsons' family, who live in his riding. Parsons killed herself after photos of her alleged sexual assault were distributed among her peers, many of whom bullied her afterward. No charges have been laid in the case.

"It's not just Rehtaeh — there have been similar cases throughout Canada and North America," he said.

Jacobs lauded Chisholm's bill. "This bill does a really good job of punishing (revenge porn), and gives people who do this what they really deserve," she said. "They deserve to be in prison — up to 10 years is great."

endrevengeporn.com

Fighting back

When Holly Jacobs broke up with her boyfriend, she was a PhD student — she didn't plan to be a porn star. But now, if anyone searches her birth name online, they'll find a video of her performing a sexual act.

"The kind of damage that revenge porn can do to someone's life, professional, personal, psychologically — it's devastating," she said.

Jacobs changed her name to Holly Jacobs, but someone kept linking her name and the details of her career with the pornography. Jacobs eventually convinced police to lay cyberstalking charges against her ex, and that case is ongoing. She has also launched endrevengeporn.com, a site devoted to advocating for new laws.

Spain

Mother arrested after baby rescued from drain

A 26-year-old woman has been arrested in the Spanish city of Alicante on suspicion of attempting to murder her newborn baby who had to be rescued from inside a building's drains, the Interior Ministry said Sunday.

The ministry said the two-day-old boy, who still had his umbilical cord attached and was found wrapped in plastic bags, may have been trapped for 40 hours at a point where the building's drains converged into a manhole in a courtyard.

A neighbour had alerted firefighters at 2 a.m. Sunday to what was originally thought to be a meowing cat trapped inside the drains.

The baby, who weighed 4.6 pounds, is said to be in a serious but not life-threatening condition in hospital, having suffered a fracture to a bone in one arm. THE ASSOCIATED PRESS

Candidate shot, rival supporter killed in Albania's elections

Albania's national elections Sunday were marred by violence after an exchange of gunfire wounded a candidate and killed a supporter of a rival party, tainting what had been a largely peaceful campaign and threatening to undermine the country's bid to join the European Union.

Though the leader of the main Socialist Party has claimed victory, it's unclear when the results will be announced because the body that oversees elections in the Balkan country hasn't enough members to certify them constitutionally following a political dispute. However, the law mandates they be revealed no later than three days after the polls.

Election day has been overshadowed by the violence. A police spokesman said Gjon Gjoni, 49, died after being shot in an exchange of fire that also wounded Mhill Fufi, 49, a candidate for Prime Minister Sali Berisha's governing Democratic Party. Another man, Fufi's relative Kastriot Fufi, 39, was also wounded.

An Albanian voter casts her ballot in Tirana, Albania, Sunday.
HEKTOR PUSTINA/THE ASSOCIATED PRESS

Details surrounding the incident, which took place in the city of Lac, about 50 kilometres from the capital, Tirana, were sketchy.

However, a spokeswoman for the ruling Democratic Party, Laura Vorpsi, said Fufi was trying to move away some opposition supporters who were trying to bribe voters, and alleged that they "responded with shooting rounds."
THE ASSOCIATED PRESS

Rocky road to democracy

- Once one of the world's most hardline communist countries, Albania has had a rocky road to democracy over the past couple of decades.
- Corruption has plagued the impoverished country, and its elections have been marred by violence and vote-rigging.

Supermoon rising

A supermoon is seen behind the Statue of Liberty on Sunday in New York. The larger-than-normal moon happens only once this year, the moon on its elliptical orbit is at its closest point to Earth and is 13.5 per cent larger than usual.
JULIO CORTEZ/THE ASSOCIATED PRESS

U.S. whistleblower seeks asylum in Ecuador, says foreign minister

Passport revoked. U.S. official said Sunday Edward Snowden's passport was annulled before he left Hong Kong for Russia

Admitted leaker Edward Snowden took flight Sunday to evade U.S. authorities, and is seeking asylum in Ecuador in what has become a game of diplomatic cat-and-mouse.

The former National Security Agency contractor and CIA technician fled Hong Kong and arrived at Moscow's Sheremetyevo airport, where he planned to spend the night before boarding an Aeroflot flight to Cuba. Ecuador's Foreign Minister Ricardo Patino said his government received an asylum request from Snowden, and the anti-secrecy group WikiLeaks said it would help him.

Russian media said Snowden intended to fly to Cuba on Monday and then on to Caracas, Venezuela.

"He goes to the very countries that have, at best, very tense relationships with the United States," said Rep. Ileana Ros-Lehtinen, R-Fla., adding she feared Snowden would trade more U.S. secrets for asylum. Sen. Dianne Feinstein, the chairwoman of the Senate Intelligence Committee, said she had been told Snowden had more than 200 sensitive documents.

Snowden's itinerary takes him on a tour of what many see as anti-American capitals. Ecuador in particular has rejected the United States' previous efforts at co-operation, and has been helping WikiLeaks founder Julian Assange avoid prosecution by allowing him to stay at its embassy in London.

The United States formally sought Snowden's extradition from Hong Kong but was rebuffed; Hong Kong officials said the U.S. request did not fully comply with their laws.

THE ASSOCIATED PRESS

Journalists show passengers arriving from Hong Kong a tablet with a photo of Edward Snowden at Sheremetyevo airport, just outside Moscow, Russia, Sunday. Hong Kong allowed the former National Security Agency contractor to leave for a "third country" because a U.S. extradition request did not fully comply with Hong Kong law, the territory's government said Sunday. ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

Quoted

"It means that every investigative journalist in the United States ... who receives classified information is a criminal."

Glenn Greenwald, Guardian reporter, in an interview with NBC TV news show host David Gregory.

(Snowden) "is bound for the Republic of Ecuador via a safe route for the purposes of asylum."

WikiLeaks. The anti-secrecy group's founder, Julian Assange, was granted asylum by Ecuador last year and has been staying at the country's embassy in the United Kingdom since then.

A new spin. Conservative government boosts information services

The federal government employs nearly 4,000 communications staff in the public service, an increase of 15.3 per cent since the Conservatives came to power in 2006.

The sharpest increases came in the two highest-paid job classifications, where numbers jumped 33 per cent and 50 per cent, respectively, data compiled by the Parliamentary Budget Office shows.

"We're laying off people that are producing scientific information and increasing the number of people that are being used to spin it," said Calvin Sandborn, the legal director of the Environmental Law Centre at the University of Victoria. His group helped document repeated cases of scientists being muzzled by government communications rules and staff, a report that convinced the federal information commissioner to take a deeper look.

THE CANADIAN PRESS

Budget day shoes

David George-Cosh @dadgc 19 Mar
Canada finance minister Jim Flaherty buying his #budgetdayshoes from Roots Factory Outlet on Wednesday. #cdnpoli
Followed by Eva Salinas and 5 others
Expand

Media monitoring on specific events or subjects by government departments has expanded to include analyses of social media, such as Twitter, and comment boards.

- The Finance Department went so far as to do a Twitter analysis on the issue of Minister Jim Flaherty's "budget day shoes" and "hockey gear tariffs" in March, according to access-to-information documents.

Not a nerd farm. Speech offers rare glimpse into eavesdropping agency

According to geek lore, Canada's top-secret eavesdropping agency was once staffed by such a crew of oddball science nerds that one intelligence analyst cut her hair at her desk and another built a chicken-wire enclosure around his work area to keep other people away.

The more than 2,000 staffers of the electronic spy service headquartered in Ottawa's south end are generally forbidden from discussing their highly sensitive pursuit of foreign intelligence.

But one of CSEC's senior members opened the blinds a crack in an unpublicized speech a few years ago. The Canadian Press obtained a copy of the May 2010 candid address by Communications Security Establishment Canada signals intelligence chief Shelly Bruce under the Access to Information Act.

The contemporary SIGINT analyst is neither narrow specialist nor generalist, Bruce told her audience. "He or she must be good at everything, a Renaissance man or woman.... You have to be a brilliant speaker, a competent Java coder, a master of social media, a social psychologist, a political scientist," she said.

One-quarter of CSEC's analysts have an advanced degree. And spying is no longer a man's world. Most of the agency's intelligence analysts are women, Bruce said.

THE CANADIAN PRESS

Quoted

"Increasingly we have a cadre of well-spoken, well-rounded and outgoing young people.... They overcome their introversion because the subject matter so enthralls them that they have to share it."

CSEC signals intelligence chief Shelly Bruce. She said today's CSEC intelligence analysts are social creatures.

Miami Heat's victory

Teen in Florida hit by celebratory gunfire

A teen watching NBA Finals postgame coverage in South Florida was hit by what police believe was celebratory gunfire.

Fifteen-year-old Brandon Reid says a bullet came through his mother's sliding glass door and grazed his skull under the ear. THE ASSOCIATED PRESS

Victims honoured

Boston Marathon champ returns winner's medal

Lelisa Desisa of Ethiopia, the champion of the men's 2013 Boston Marathon returned his winner's medal to Mayor Thomas Menino on Sunday to honour the city and those killed and injured in the bombings near the finish line of one of the world's top running events. THE ASSOCIATED PRESS

Northern Gateway

Equity offer would give First Nations $70K a year: Report

The equity offer from Northern Gateway to aboriginal groups along the route of a controversial oil pipeline would amount to about $70,000 a year for the bands, which would have to borrow the millions of dollars needed to purchase equity from Calgary-based Enbridge itself, say some aboriginal leaders, who are among the minority who have rejected the offer.

THE CANADIAN PRESS

Medical treatment

AK-47 creator to be flown to Moscow

Russia has sent a medically equipped aircraft to bring Mikhail Kalashnikov, the 93-year-old creator of the AK-47 assault rifle to Moscow for treatment from his home in Izhevsk. Kalashnikov spent two weeks in an Izhevsk cardiology clinic in May. THE ASSOCIATED PRESS

Off the charts. Arab Idol victory turns Palestinian refugee into a superstar

The winner of the Arab Idol reality show can't stop adding titles. After winning the popular contest, singer Mohammed Assaf was named a special ambassador Sunday by the UN's Palestinian refugee agency and the Palestinian president.

On Saturday night, Assaf became the first Palestinian to win the Arab world's version of American Idol, setting off wild celebrations across the Palestinian territories.

After the victory, Palestinian President Mahmoud Abbas declared the singer an honorary ambassador. "I congratulate the talented singer Mohammed Assaf ... who conveyed the message of the Palestinian people to the Arab nation through his art," Abbas said in a statement.

He was also named a youth ambassador by the UN's Relief and Works Agency, which serves Palestinian refugees across the Middle East. The agency runs the Khan Younis refugee camp in Gaza, where Assaf has lived since the age of four. THE ASSOCIATED PRESS

Singer Mohammed Assaf stands on the Arab Idol stage in Beirut, Lebanon on Saturday night, when he became the first Palestinian to win the Arab World's version of American Idol. MBC GROUP/THE ASSOCIATED PRESS

Food production. Laval student links bee deaths to particular insecticide

Seeding is over for this year on Canadian corn and soy farms. But research suggests the consequences on bees could last a long time.

Laval University master's student Olivier Samson-Robert collected data showing apiaries less than three kilometres from fields with insecticide-treated seeds had three times the mortality rate of other locations.

Samson-Robert aimed to put a figure on the decline in bee populations and determine how much of it was linked to neonicotinoid insecticides, one of the most widely used insecticides worldwide. He said 99 per cent of corn seeds and 50 per cent of soy seeds in Quebec are coated with it. Particles from the insecticide escape into the air when the seeds are planted.

Pollination is responsible for 70 per cent of cultivated plants, and for 35 per cent of humans' overall food consumption. THE CANADIAN PRESS

Quoted

"The neonicotinoid insecticide causes a higher mortality rate."

Olivier Samson-Robert, Laval University master's student

Beyond the Border

Peace Bridge brawl won't derail border pact: Doer

Canada-U.S. border co-operation under the Beyond the Border pact will not be derailed by the brawl between Canadians and Americans on the 10-member board that oversees the Peace Bridge, said Gary Doer, Canada's ambassador to the U.S., on Sunday.

"We didn't do (Beyond the Border) to drive it into the ditch on the Peace Bridge," Doer said in the midst of high-level discussions in New York City on the future of the critical southern Ontario border crossing with his American counterpart, David Jacobson, New York Gov. Andrew Cuomo and John Prato, Canada's consul general.

Beyond the Border was a landmark pact signed with much fanfare by Canada and the U.S. two years ago. THE CANADIAN PRESS

Anna Maria Chavez, CEO of Girl Scouts of the USA, left, supports the world's largest girl-led business during National Girl Scout Cookie Day in New York City. GETTY IMAGES FILE

U.S. Girl Scouts watch as the cookie crumbles

Opposing camps. Fiscal trouble, declining membership and grass-roots dismay plague organization

Quoted

"I am worried that America's Girl Scouts are now selling cookies to fund pension plans instead of camping."

Rep. Bruce Braley, D-Iowa, in a letter last month to the chairman of the House Ways and Means committee.

Given the friction and financial woes facing the Girl Scouts south of the border these days, perhaps it's time for a giant friendship circle.

Just a year after its centennial celebrations, the Girl Scouts of the USA finds itself with problems including declining membership and revenues, a dearth of volunteers, rifts between leadership and grass-roots members, a pension plan with a $347-million US deficit, and an uproar over efforts by many local councils to sell venerable summer camps.

The tangle of difficulties has prompted one congressman, Rep. Bruce Braley of Iowa, to request an inquiry by the House Ways and Means Committee into the pension liabilities and the sale of camps.

Compounding the problems are tensions at GSUSA headquarters in New York, where several senior executives have quit or been ousted since Anna Maria Chavez took over as CEO in 2011. Last week, some of the roughly 325 employees there were invited to take early retirement, and Chavez said an unspecified number of layoffs are expected in August.

Chavez insists the GSUSA is on the right track, although she acknowledged that sweeping changes in structure and programs over the past 10 years have been difficult for many in the Scouts' extended family.

"Change can be unsettling and it is not surprising that some would prefer for us to remain static," she said. "But doing so would be a disservice to girls who need us now more than ever."

Indeed, there's a common denominator between the GSUSA leaders and their critics — earnest expressions of devotion to the Girl Scouts and fervent hopes that it manages to thrive.

"I care so much about this organization, and that's why I hate to see it pulled down," said Suellen Nelles, CEO of a local council based in Fairbanks, Alaska. "We have leadership at the top who are toxic to this organization and need to go." THE ASSOCIATED PRESS

Hostess is back after going through bankruptcy, and will have snack cakes including Twinkies on shelves next month. THE ASSOCIATED PRESS FILE

Twinkies comeback is July 15

Hostess is betting on a sweet comeback for Twinkies when they return to shelves next month.

The company that went bankrupt after an acrimonious fight with its unionized workers last year is back up and running under new owners and a leaner structure. It says it plans to have Twinkies and other snack cakes back on shelves starting July 15.

Based on the outpouring of nostalgia sparked by its demise, Hostess is expecting a blockbuster return next month for Twinkies and other sugary treats, such as CupCakes and Donettes. The company says the cakes will taste the same but that the boxes will now bear the tag line The Sweetest Comeback in the History of Ever.

"A lot of impostor products have come to the market while Hostess has been off the shelves," says Daren Metropoulos, a principal of the investment firm Metropoulos & Co., which teamed up with Apollo Global Management to buy a variety of Hostess snacks. THE ASSOCIATED PRESS

STOP ME BEFORE I PARK AGAIN

URBAN COMPASS

Steve Collins
ottawa@metronews.ca

My intentions were pure, my error made in good faith and my guilt absolutely friggin' manifest.

I pulled into the marked parking spot on O'Connor that sunny and fateful afternoon, just around the corner from my old apartment.

I read the sign, with the big P in the green circle, a Venus flytrap welcome, and double-checked the times and contingencies listed below, calculating I'd be done in one of the permitted two hours.

Errands erranded, I hopped back in the car and was already in motion by the time I saw the ticket, my civic scarlet letter, flapping under the windshield wiper. Surely a mistake had been made.

I pulled over and read the case for the prosecution in Ottawa v. Collins, doubtless soon to be a triumphant footnote in the annals of fighting city hall. Let's rumble.

"PARK IN PAID PARKING ZONE — FAIL TO DEPOSIT REQUIRED FEE," read my ticket.

Oh. Right.

So intently had I examined all posted times and caveats spelled out on that sign that I'd failed to notice the one above it directing me to the nearby green pay-and-display parking Dalek.

The absence of parking meters along the sidewalk had lulled me into a fantasy that I could somehow park for two free hours downtown on this busy Ottawa street.

Even to me, my available defences seemed weak: I was just car-sitting, a mere tourist in the automotive world, lamb-innocent of the current price of gas, unschooled in the wiles of parking-control officers.

"You're blond," my ever-helpful partner offered by way of extenuating circumstance.

Never considered for even a second was the "Don't-you-know-who-I-am?" gambit.

First, I haven't the nerve, and nobody but nobody cares. Not even newspaper columnists think newspaper columnists are anybody.

Second, bigger fish have wriggled in the city's dragnet. Mayor Watson himself got zapped with a $50 ticket this spring when his driver parked in a no-parking zone. His Worship undertook to pay it himself.

Third, biographical details could only make me look even dumber. I lived in this neighbourhood when the meters came out and the parking machines rolled in. I think I even wrote about it.

The damage was $60 — $40 if I coughed up within 15 days. So I appeared at city hall to take my lumps sooner rather than later.

The woman at the wicket gently informed me I was doing this wrong, too, progressing straight from denial to acceptance without even a pit stop at bargaining. She directed me down the hall to provincial offences, where other hangdog offenders awaited with their excuses.

A sympathetic confessor — I'm sure that's not her exact job title — listened to my feeble rationalizations, validated my stupidity ("Those signs can be confusing," she allowed with wounding sweetness. "Are you from out of town?)" and, most important, chopped my fine in half in return for a guilty plea.

So that's $20 instead of a threatened $60, the city's coffers were fed, wrongdoing punished and I was spit out of the system without undue folding, spindling or mutilation. The vehicle has been returned to its lawful owner and I'm back on the bus where I belong. Stop me before I park again.

ZOOM

Flying bike idea gets off the ground

ET-like flying bike takes to the skies

It's a bird! It's a plane! No, it's a flying bicycle! British designers Yannick Read and John Foden have revealed their extraterrestrial-looking vehicle, the XploreAir Paravelo, a bike that transforms into an ultralight aircraft requiring no licence to fly and capable of reaching altitudes of up to 1,220 metres. METRO

Wheeeeeee!

- **Speed & power.** Travels at 40 kilometres an hour in the air, for up to three hours at a time, powered by a biofuel 249cc motor and parachute.
- **Design.** Foldable, tows a lightweight trailer carrying a powerful fan.
- **Plans.** If it draws enough public support, it will go into full production and later go on sale for less than $23,488.

JONATHAN HORDLE/REX FEATURES

Bikes and the Wrights

"The Wright brothers were former bicycle mechanics, so there's a real connection between cycling and the birth of powered flight that's recaptured in the spirit of the XploreAir X1 flying bike."

John Foden, co-designer at XploreAir

It's economical, too

"Unlike a helicopter, you don't need a large hangar and bank balance to own a flying bicycle — you can store it in your apartment and it costs less than a car."

Yannick Read, co-designer at XploreAir

Read's previous invention was the "B.O.N.D." (Built of Notorious Deterrents) bicycle, a vehicle equipped with a flame thrower, caterpillar tracks and an ejector seat. It was built following a survey asking cyclists about their pet peeves.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

If you're the type who eschews the summer reading list for a summer mobile-gaming list, the past few weeks have been very good to you. Here are three games to chew up the hours while you're taking a break from the sun:.

Badland :
Guide your flying fluffball through a beautifully designed interactive world that also happens to be relentlessly hostile. Scoop up power-ups along the way to survive a challenging mix of platforming and puzzle-solving, similar to Limbo. (iOS and Android: $4.99)

Leviathan Warships :
Manage and upgrade a fleet of ships for turn-based multiplayer naval warfare against your friends. Everything about your fleet is customizable, so it's up to you to weigh the pros and cons of going big guns blazing versus staying swift and nimble. (iOS and Android tablets: $4.99)

Frozen Synapse:
A wildly addictive and challenging tactical strategy game that charges you with commanding a team of soldiers across a minimalist game board, using buildings and obstacles as cover. Find which of your soldiers complement each other best and surprise your multiplayer opponents with clever ambushes. (iPad: $6.99)

Twitter

RE: Floods ravage southern Alberta, published June 21

@WestJet: We've asked WestJetters to match our @redcrosscanada donation and encourage all CDNs to do the same: http://fly.ws/17wjrab

@rsinghphoto: Disgusting to hear some businesses charging $20 for a bag of ice or $45 for a case of water!

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

metro

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How to get your undead fix

World War Z. Zombies have captured our imagination for years — here are a few suggestions on how to enjoy these infamous brain eaters

NED EHRBAR
Metro World News in Hollywood

Get your zombie fix by catching up on the latest season of The Walking Dead. HANDOUT

It's rarely a good sign when reports of trouble behind the scenes of your mega-budget film eclipse the movie's marketing, but that's what has been going on with World War Z for the better part of a year now, with everything from script problems to massive rewrites to strife between star Brad Pitt and director Marc Forster nabbing headlines. None of this suggests good news when it comes to the film itself. If you're not feeling too confident about seeing the new zombie flick either, here are some alternatives to get your undead fix.

Go read a book

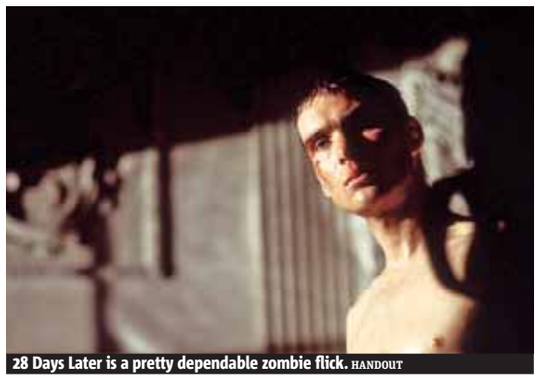
After being worked on by a who's who of Hollywood screenwriters, the film World War Z strays pretty far from the book that inspired it. Why not curl up with Max Brooks' original and envision some worldwide zombie terror with your own imagination?

Go for a classic

There are plenty of sub-par zombie movies out there, so instead of taking the risk of seeing yet another, why not revisit something more dependable? In keeping with the fast-moving brain-munchers of World War Z, we recommend Danny Boyle's chilling 28 Days Later or Will Smith's take on I Am Legend. Of course, there's always Lucio Fulci's unintentionally hilarious Caribbean-set Zombie from 1979, which features a zombie-versus-shark battle that has to be seen to be believed.

Go gaming

The latest season of The Walking Dead might be over, but there's plenty more — and, arguably, better — action to be had in the impressively sprawling, award-winning video game version. But don't expect to walk around as an Andrew Lincoln avatar or anything, as the game is based more on the comic book that inspired the show and uses completely new characters — though you may come across some familiar faces.



28 Days Later is a pretty dependable zombie flick. HANDOUT

Get on Netflix

Maybe you haven't actually caught up on The Walking Dead, in which case good news: The entire series is available for streaming on Netflix. On the film side, you can also stream the zombie thriller Let Me In, which is the American remake of the stellar Swedish flick Let the Right One In.

Go indie

Writer/director/star Jeremy Gardner made the Battery, an impressively original zombie flick, on a budget of $6,000 — but you can hardly tell. Consider it the antithesis to the bloated World War Z. The indie gem has been collecting awards and accolades around the world on the festival circuit and is now available to rent or own online. Find out more at thebatterymovie.com.

Go to the movies

Instead of the zombie apocalypse, how about just the good old-fashioned actual apocalypse? This Is The End is still going strong at the box office and may be the funniest thing in theatres. And Jonah Hill turns into something sort of resembling a zombie at some point. Plus, it's got cannibals, well-endowed demons and Emma Watson with an axe. How is Brad Pitt supposed to compete?

Box office

Monsters beat out zombies

Disney's Monsters University is the weekend box-office winner, according to studio estimates released Sunday. The animated family film, a prequel to Monsters Inc., debuted in first place with $82 million. It beat out Paramount's Brad Pitt zombie romp World War Z, which opened in second place with $66 million.

THE ASSOCIATED PRESS

Can't get no satisfaction? Tune in to CTV

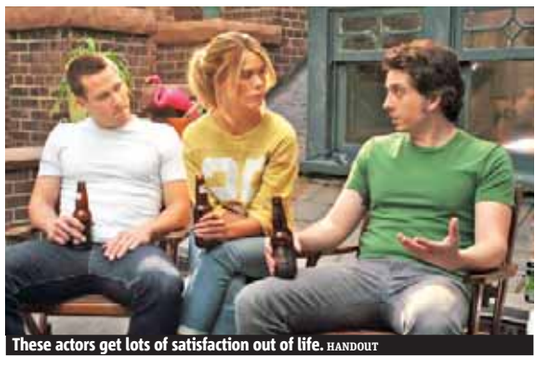
Want Satisfaction? If so, be sure to watch CTV this summer. Satisfaction, a half hour comedy about three roommates navigating the world of romance, friendship and heartache, begins airing Monday at 8 p.m. ET/PT. Metro spoke to the three stars of the show and asked them to reveal what really satisfies them.

Luke Macfarlane
The thing that brings me the most satisfaction in my life is building things. Whether it's building something out of wood in my workshop or collaborating with the many people it takes to build an episode. There is nothing more satisfying than seeing the efforts of your labour.

Leah Renee
Spending time with my dogs, Bogey and Brigitte for one. Dogs really are a girl's best friend, and there's nothing like a good cuddle session with them. Then, cooking while listening to some good music and having a big glass of wine is also pretty perfect. All that being said, I've gotta be honest, waking up every day and going to my dream job is pretty amazing.

Ryan Belleville
Here's what satisfies me. Professionally, it's making people laugh. Nothing distracts us more from the hardest moments of life than a good laugh. It is very satisfying to give the gift of laughter to someone who needs it.

METRO



These actors get lots of satisfaction out of life. HANDOUT

Justin Bieber ALL PHOTOS: GETTY IMAGES

Fast and furious: Bieber's neighbours mad at star's reckless driving

Justin Bieber's neighbours are so fed up with he and his friends' reckless driving in their gated Calabasas, Calif., community that they've asked the police to intervene, according to E! News. There's also been an emergency Homeowner's Association meeting planned to address the issue. "It has been escalating for the past six months. He has begun to flip over to a really dark side," a neighbour says of Bieber's "aggressive, reckless" behaviour. "They have sent him warnings. He's out of control. Everyone has a Bieber white Ferrari story. God forbid someone gets hurt by that car. He just feels like he is above the law." There are apparently some laws he's not above, though, as Bieber once again found his age to be an obstacle to having a good time. The 19-year-old reportedly requested an invitation to the Miami Heat's victory bash last week at a South Beach nightclub but was turned down by both the club management and the team because he is under 21, sources say.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Forget zombies, it's the attack of the lizard people

STARGAZING
Malene Arpe
scene@metronews.ca

Brad Pitt says World War Z is "the most intense thing you're gonna see all summer." Oh, I don't know about that. Alcide eating someone's arm on last week's True Blood was pretty arghhhh.

Kim and Kanye reportedly name their baby North West. The Northwest Territories, Oliver North, North By Northwest, WestJet, North Korea and the West Nile Virus plan a class action suit. Kris Jenner, meanwhile, refers to the child as Kompass.

Ryan Reynolds drops out of the Highlander remake. That's really too bad. We were all looking forward to Connor MacLeod of the clan MacSmartass.

Jennifer Lopez joins 33, the dramatic movie about the trapped Chilean miners. "Oh," Jennifer said, "My mistake. I thought it was a movie about famous, beautiful people who are 33. Just like I am. Ooops."

Nigella Lawson's husband, who was photographed choking her, says it was "just a playful tiff." That's plausible. And the swift kick that should be aimed at his crotch is what I would describe as "a gentle kerfuffle."

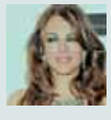
Leslie Gold of the show Hardcore Pawn says he would buy Kim Kardashian's baby's dirty diapers. "That's so disgusting," says Kris Jenner. "What in the world is wrong with you? We wouldn't sell that ... unless you also buy the umbilical cord."

Don Ed Hardy says that Jon Gosselin's endorsement killed the Ed Hardy brand. There were, of course, many other contributing factors, such as severely decreased spending power, a demographic shift and ugly.

A member of Whitby Town Council in England says he's regularly abducted by lizard people and has fathered an alien baby but it's no big deal and he just wants to fix potholes. "Why can't we have that kind of politician?" asks everyone in Montreal and Toronto.

Twitter

@Sethrogen
Just flew from Australia to London, which I think is as far as you can travel on earth before you're heading back to where you started.



@ElizabethHurley
Yes- I am putting off packing and learning lines by tweeting nonsense.

Amanda Bynes 'nose' what the people want

Amanda Bynes finally got her nose job this weekend, revealing on Twitter that she's got a lot more about the operation to share. "I'm going to post a video of some of the procedure on my Twitter," Bynes writes. "I need one more procedure to thin out the bridge of my nose."

Learn to save

Pros and cons of paying allowance

IT'S ALL RELATIVE
Kathy Buckworth, kathybuckworth.com

The paying of an allowance is a personal choice. To help you figure out where you come down in the debate, here's a handy list of pros and cons.

Pros

- Kids learn about the real-world concept of "work for money." The sooner they understand this dynamic, the better.
- Kids have the opportunity to save their own money toward the purchase of things they want but you don't want to buy.
- You can easily bribe them to clean up their rooms, clear the table, do some vacuuming and maybe even fetch a glass of wine every now and again.

Cons

- The concept of contributing labour simply because they are a member of a functioning family is lost.
- Every chore in the house soon has a dollar amount attached to it.
- They might save their money and spend it on items you think are frivolous (at best) or dangerous (at worst).

Where do I land on this? Well, as the boss of my family, I believe in paying allowance. I know this is how the real world works, and I know that kids under the age of 14 can't earn good money working outside the home.* (*Legally. But check around. You never know.)

KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH.

Exclusively online

"Elmo's Song" is driving Mommy to drink. Read more (mis)adventures of parenthood with Reasons Mommy Drinks online at metronews.ca/voices

No diaper? No problem, with EC

Toilet training. The new parenting trend is "elimination communication." What is it and how can you implement it at home?

DOROTHY ROBINSON
Metro World News in NYC

It seems impossible: A baby — many times not much older than newly born — goes to the bathroom directly into the toilet and not a diaper. Devotees of "elimination communication" (EC) say that it can happen.

Christine Gross-Loh has been preaching this alternative to toilet training for years; her book, The Diaper Free Baby, has been the instruction manual for EC devotees since it was published in 2007. Here she gives advice on being number one in the "number two" business.

How is EC different from regular toilet training?

The most basic difference is that you start EC earlier, before a child has become so used to eliminating in diapers that potty training is a whole new transition he has to get used to (and may be resistant to).

Babies are born with this awareness of elimination, but as they become used to eliminating in a diaper all the time, they lose that awareness — and have to work on becoming aware again when they reach the age of conventional toilet training. EC-ed children are often out of diapers completely at or before the age when most children are just beginning to embark on potty training.

What advice do you have for working parents who live in cities who may want to try EC?

EC can be done during the evening or on weekends. Even if you are at home with your baby full-time, you may not be doing EC full-time. It's easy to have some diaper-free time during the evening, or sit your baby on the potty before and after his bath. Doing EC does not mean you have to ditch diapers completely.

What are some drawbacks to EC? Benefits?

It's hard to do anything when it's not a cultural norm — you may get less support and less information. Information about EC — about typical stages, about the logistics — is really key. Luckily, the information and support is out there as more and more parents do EC. And there are so many great reasons to give it a try: There are communication benefits (you learn to read your baby just as you learn how to figure out when he is hungry or sleepy), environmental and economic benefits (you go through fewer diapers) and health benefits (less diaper rash).

Finally, you are not relying on diapers so much that your child becomes reluctant to let go of them, a problem that some parents face when doing conventional toilet training.

Why do you think EC has taken off in recent years?

I think it's because there are so many parents out there who know more about the world around us. They know that in cultures around the world, it's not at all the norm for a baby older than one to be in a diaper.

When you know that this isn't a universal thing, it makes you feel more open to understanding why and how this is, and to realizing there are some viable lessons here for us.

Looking for a new alternative to toilet training? ISTOCK IMAGES

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I get by with a little help from my co-workers

The task of the ask. Inquiring with others when you're unsure at the office should never bring you shame

ASHLEY MILNE-TYTE
Metro World News

Feeling overwhelmed at work? Ask for help. ISTOCK

Most of us don't like asking for help at work, even when we're overwhelmed. We fear it makes us look weak. In fact, it can bring huge benefits.

Last year I was interviewing a successful small business owner when she mentioned one thing that had initially held her back: feeling she had to do everything herself and do it perfectly. But she soon realized her male counterparts were asking other entrepreneurs for help and advice all the time, and that this actually played a significant part in their success.

She let her guard down and began following in their footsteps. She now advises all of the women she mentors to do the same.

I spoke to leadership coach Henna Inam about a few of the reasons why women in particular are so squeamish about asking for help.

I hate bothering people

To turn this perception around, think instead about how you'd feel if someone asked you for help or advice. Most of us, Inam points out, would feel flattered in that situation: "The ego feels good. You're able to give someone something they need and want." So don't hold back.

Fear of rejection

Why not ask for help?

- **We tend to take "no" very personally.** We need to take a step back and realize it's not always about us. "If we decide not to take it personally, the way we ask becomes different," Inam says.

It makes me look like I can't do it myself

There are two sides to this one. First, there's you grappling with your own ego, the stubborn inner child that insists you don't need help to achieve this thing. That's easily dealt with — just tell the child to pipe down. Less easy, as I put it to Inam, is dealing with the fact that surely some colleagues or managers actually will see you as weak if you ask for help. She admits that there is no good answer to this question. Yes, maybe they will. But she is against the idea of women living their lives in fear of what someone else may think about them.

"If (never asking for help) becomes an unconscious habit, that's when it becomes dangerous," she says.

In other words, by all means be judicious about who and when you ask — but if you need help, ask.

Of meetings and melting.
Help your employees beat the heat this summer

Are you working in an environment without air conditioning this summer? Indoor or outdoor work conditions can pose a hazard to employees in the intense heat, so here are a few precautions any company can take to provide relief:

Outdoor work conditions

• One frequently overlooked summer risk is sunburns, but providing sunblock for your employees is a quick and easy way to provide them with some comfort and peace of mind on blazing days.

• Keep your workers hydrated. Ensure there is plenty of bottled water on-hand for all workers, both inside and out.

• Aside from water, sport drinks and nutrient replacement drinks can help replenish the body's lost electrolytes.

• Provide breaks for workers to take a rest and have a snack or drink. In the summer heat, it is very easy to lose focus when dehydration sets in, and in outdoor settings such as construction, maintaining a high degree of focus is important to everyone's safety.

• Ensure there is access to shade. Whether it's a small sport shade, a tent or a nearby air conditioned area, make sure workers can get a break from the relentless sun on very hot days.

Indoor work conditions

Stock up on supplies. Companies such as Staples Advantage Canada suggest summertime necessities such as sport drinks, bottled water, and even first aid kits. Your employees are worth protecting all year round, they say.

NEWS CANADA

Quenching thirst often leads to constructive behaviour. ISTOCK

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Make summer count by adding fun to math

It's as easy as 1,2,3. Give the brain a little boost between barbecues, bonfires and heading to the beach

ALISON BOWEN
Metro World News

This summer, when your child asks, "Are we there yet?" on that family road trip, you can have a new answer.

Surreptitiously relating everything to math helps children use their noggins in the summertime, suggests Glen Whitney, co-founder and co-executive director at Manhattan's Museum of Mathematics.

"Summer's a great opportunity, if you're out doing things, to make math more connected with the world," he says.

Whitney says summer can be a prime time to sneak math into warm-weather activities, from a routine summer family road trip to a baseball game.

"Kids are naturally curious, and they want to be able to figure out things," he says. "They want to figure out, how long it's going to (take) me to save up for that skateboard."

Whitney gave Metro five ways to sneak math into summer activities:

When your kids ask that quintessential question, "Are we there yet?" make it a math problem

Ask them to calculate how far away you are and how long it will take to reach your destination. This may also be a chance to invoke the "when I was your age" card — "When I was a kid, you had to look at the little numbers on the map and look them up," he recalls. "Now, you don't have to do that any more, thanks to Google Maps." Explain the odometer and how it changes as you move along.

Bring children along while you shop for a camping trip or a summer barbecue

"Anything you can involve your kids in that kind of budgeting, planning or estimating" is great, he says. Explain the budget and, as you approach the checkout, ask them to tabulate a rough estimate of how much everything will cost.

Point out shapes

If you are in the city, for example, ask kids what shapes they see. A building could be a rectangle, and a roof could be a triangle. This introduces kids to, or helps them keep up with, basic geometry.

Look around you! Education can be found in unlikely places. ISTOCK

Sporting success

If your child is a sports fan, get them involved with the numbers in the game

- For example, if they're a fan of a certain baseball star, ask them how many hits he needs to get his batting average up or how many games your local sports team needs to win to increase their ranking.

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This potato salad is the cream of side dishes

BBQ potato salad with crispy red onions. THE CANADIAN PRESS

This rich and creamy potato salad can be served warm or cold. The crispy red onions add a unique touch to this summer staple.

1. Heat oven to 200 C (400 F).

2. Place potatoes horizontally on cutting board and slice vertically into 1-cm (1/2-inch) thick slices. Brush with 15 ml (1 tbsp) of the olive oil; season with salt and pepper.

3. Place in a single layer on a non-stick baking sheet; bake for 20 minutes.

4. Remove sweet potatoes to a plate. Return baking sheet (with remaining potato slices) to oven; continue baking for 5 minutes or until just tender.

5. Heat barbecue to medium-high heat. Brush potatoes with remaining olive oil. Grill on greased grill for 3 to 4 minutes per side or until grill marks appear. Let cool.

6. In a large bowl, whip cream until soft peaks form; stir in mayonnaise. In a small bowl, combine dill, mustard, lemon zest, sugar, parsley, thyme, cayenne and garlic; fold into cream mixture. Stir in potatoes; toss gently to coat. Serve with crispy onions on top.

Crispy onions

Slice onion in half and cut into fine slices. In a bowl, toss onion with flour; shake off excess. In a large skillet, add enough oil to coat entire skillet and heat on medium heat. Add onion and cook in batches until golden, adding more oil if necessary.

Remove to paper towels.

Divide potato salad among serving plates. Top with crispy onions and green onion. THE CANADIAN PRESS/ CHEF DEVAN RAJKUMAR

Ingredients

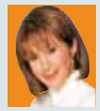
- 1 each sweet potato, yellow-fleshed and purple or red potato (each about 250 g/1/2 lb)
- 30 ml (2 tbsp) olive oil, divided
- Salt and fresh cracked black pepper, to taste
- 125 ml (1/2 cup) 35 per cent whipping cream
- 50 ml (1/4 cup) mayonnaise
- 22 ml (1 1/2 tbsp) chopped fresh dill
- 15 ml (1 tbsp) whole grain mustard
- 15 ml (1 tbsp) grated lemon zest
- 5 ml (1 tsp) brown sugar
- 5 ml (1 tsp) each chopped fresh parsley and thyme leaves
- 2 ml (1/2 tsp) cayenne
- 1 clove garlic, minced

Crispy Red Onions:

- 1 red onion, peeled
- 30 ml (2 tbsp) all-purpose flour
- 125 ml (1/2 cup) vegetable oil (approx)
- 1 green onion, chopped

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Dairy Queen is a favourite for cooling off as summer starts to heat up. Just watch what you choose.

Dairy Queen medium chocolate dipped cone (199g)
480 calories/21 g fat/47 g sugar

Equivalent
One Dairy Queen chocolate dipped cone is equal in fat to five Chapman's Vanilla frozen yogurt bars.

Dairy Queen medium chocolate cone (199g)
340 calories/11 g fat/34 g sugar. This delicious chocolate soft serve ice cream saves the extra calories and fat because there's no chocolate coating.

Grilled Portobello 'Dog'. Tasty mushroom creation is a fungi to BBQ with

You don't need meat for a BBQ dinner. NICOLE MACPHERSON OF YUMMYMUMMYCLUB.CA

Even though we hardy Canadians use the barbecue year-round, I still think of this time of year as the beginning of barbecue season.

The boys in my house love barbecued hot dogs, and in the spirit of togetherness I would like to join them in this; however, tofu dogs and sausages are not, in my opinion, edible. One of my girlfriends calls them "not dogs" which I think is an apt description. I created this recipe so that I too could have something tasty in a bun during those sunny days.

1. Start by placing the mushrooms in a shallow bowl.
2. Whisk together olive oil, vinegar, garlic, and honey; pour over mushrooms and marinate for 2-3 hours.

Ingredients

- 2 Portobello mushrooms, stems and gills removed
- 2 tablespoons olive oil
- 3 tablespoons balsamic vinegar
- 1 clove garlic, crushed
- 1 teaspoon honey
- Whole wheat hot dog/ sausage buns
- Goat cheese or cashew cheese

3. Grill over a hot barbecue for about 10 minutes. Spread cheese on buns; slice mushrooms lengthwise and arrange inside bun. If desired, drizzle with leftover marinade. YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD.

Shake up your summer grill options with Shishito peppers

Never had shishito peppers? You need to track them down. Right now.

First, a primer. Shishito peppers are small, thin Japanese peppers. They look a bit like a longer, thinner jalapeno. But the flavour is quite different. While jalapenos have thick flesh and an assertive heat most of us are familiar with, shishitos are thin skinned and generally sweeter than they are hot.

Except when they are not. For reasons that are debated online, one out of every dozen or so shishito peppers packs a medium -to-hot punch.

During the past year or so, shishito peppers have become a darling of the restaurant scene. Nothing on the epic scale of ramps, which New York chefs in particular went a little crazy for a few years ago. But they have been showing up on more and more menus across the country. Shishito peppers generally are served as a starter, often heaped in a bowl and munched. And the prep couldn't be easier. They are cooked whole, usually with a splash of oil and just enough time in the skillet to lightly brown in spots. Seasonings can vary, though coarse salt is a must.

In addition to having a wonderfully addictive flavour — the trinity of oil, salt and a gentle heat helps here — shishito peppers are perfect for summer.

Start to finish: 15 minutes and serves 4.

1. Heat a grill to high. In a large bowl, combine the peppers and 1 tablespoon of the oil. Swirl and toss the peppers until evenly coated with the oil.

2. Using tongs, arrange the peppers on the grill so they lay across the direction of the grates (not with them). The goal is to prevent the peppers from falling through the grates. Cook, turning often, until the peppers begin to brown and blister, about 4 to 6 minutes.

3. Return the peppers to the bowl (no need to wipe it out). Add the remaining oil, the salt and almonds, then toss well. Transfer to a serving bowl and serve immediately.

Shishito peppers are appearing on more restaurant menus. AP PHOTO

Nutrition information per serving: 140 calories; 90 calories from fat (64 per cent of total calories); 10 g fat (1 g saturated; 0 g trans fats); 0 mg cholesterol; 12 g carbohydrate; 6 g fibre; 5 g sugar; 4 g protein; 1,450 mg sodium. THE ASSOCIATED PRESS

Ingredients

- 1 pound shishito peppers, left whole
- 2 tablespoons toasted sesame oil, divided
- 1 tablespoon coarse or flake salt, such as Maldon or kosher
- 1/4 cup finely chopped almonds

MLB

Red Sox drop the ball against Tigers

Torii Hunter hit a tiebreaking sacrifice fly in the eighth inning after two Boston errors helped load the bases, and Prince Fielder added a two-run single to help the Detroit Tigers to a sloppy 7-5 victory over the Red Sox on Sunday.

Justin Verlander struggled and Detroit trailed 4-3 in the seventh before Andrew Miller (0-2) hit Jhonny Peralta with a pitch with the bases loaded to tie it.

In the eighth, umpires ruled Boston's Daniel Nava dropped Avisail Garcia's deep fly to right, and Red Sox manager John Farrell was ejected for arguing.

THE ASSOCIATED PRESS

Golf

Els triumphant at BMW International

Ernie Els won the BMW International Open by one shot on Sunday for his 28th European Tour title.

After sharing a three-way lead overnight, the South African shot a third straight 3-under 69 in the final round to finish 18-under 270 on the Eichenried Golf Club course.

Thomas Bjorn of Denmark (69) was second at 17 under and Frenchman Alexander Levy (71) finished another stroke off the pace in third for his best finish.

Els, a two-time winner at both the U.S. Open and British Open, led after the first and second rounds.

"To keep the lead all the way through is quite a lot of pressure so it's been a good week," Els said.

THE ASSOCIATED PRESS

The Blue Jays celebrate a sweep of the Orioles following a 13-5 victory in Toronto on Sunday. ABELIMAGES/GETTY IMAGES

Blue Jays soaring after late takeoff

MLB. Toronto thumps Baltimore for its 11th straight win and third consecutive sweep

The Toronto Blue Jays didn't hang their heads when they struggled at the start of the season.

The mood remained upbeat despite regular losses. The players knew they had the potential to turn things around and fulfil the high expectations.

Toronto took another big step in its attempt to get into contention in the American League East by completing a three-game sweep of division rival Baltimore with a 13-5 rout of the Orioles on Sunday. The Blue Jays also tied a franchise high with their 11th straight win.

The streak has reinvigorated the team's fan base, the players are all smiles and the early-season woes seem like a distant memory.

"It was a battle early on, we all know that," said Jays manager John Gibbons. "We always figured it was just a matter of time before we started playing better. And (the slump) lasted longer than we expected but that's all behind us now.

Franchise record

The Blue Jays have won 11 games in a row on two other occasions: June 2-13, 1987, and Aug. 27-Sept. 7, 1998.

- They will go for the franchise record Monday night at Tampa Bay.

"We're rolling along right now."

Edwin Encarnacion and Colby Rasmus homered and veteran right-hander Josh Johnson worked into the seventh inning for his first win of the season.

Jose Bautista put the game out of reach with a bases-clearing double in the seventh inning to the delight of the sellout crowd of 45,214 on a hot, sunny afternoon at Rogers Centre.

The Blue Jays (38-36) moved two games over the .500 mark and are now just five games behind first-place Boston. Encarnacion drove in four runs and had three of Toronto's 14 hits.

"I've been waiting for this since the season started," he said. "I believe in this team. I knew that things had to change, that things had to become good for us. So this is the way right now."

THE CANADIAN PRESS

Federer faces fierce draw at Wimbledon

Roger Federer's quest to capture his eighth Wimbledon title begins Monday on Centre Court. KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

As he has six previous times, Roger Federer will start at Wimbledon on Monday as the defending champion, stepping onto Centre Court for the first match of what he hopes will be another two-week stay at the All England Club.

It's an honour reserved for the men's titleholder. That scheduling perk is also where any hint of preferential treatment for Federer comes to a halt. Due to the way the draw came out, Federer could have to defeat Rafael Nadal and Andy Murray before even getting to the final.

"I'm ready for the challenge," Federer said Sunday. "I like tough draws. I don't shy away from them."

Federer's quest for a record-setting eighth Wimbledon title begins at 1 p.m. London time Monday against 47th-ranked Victor Hanescu of Romania.

Murray also plays Monday, wrapping up the day's action on Centre Court against Germany's Benjamin Becker. Nadal, who comes in with a stretch of nine straight appearances in tournament finals since returning from his knee injury, plays Belgium's Steve Darcis on Court 1.

Sitting back watching it all will be top-seeded Novak Djokovic, who is on the opposite side of the draw and, on paper, has the easiest path to the final, with No. 4 seed David Ferrer the most highly seeded roadblock on his side of the bracket.

He's the 11-10 favourite at the London bookmakers and will open Tuesday.

THE ASSOCIATED PRESS

4 SPORTS

Top skaters hobbled in crawl towards cup

NHL playoffs. Health statuses of Chicago's Toews and Boston's Bergeron looms over Game 6

Jonathan Toews means everything to the Chicago Blackhawks, and Patrice Bergeron is the same to the Boston Bruins. This has been a classic Stanley Cup final in large part because those players have put in peak performances.

Toews and Bergeron left Game 5 with injuries and it's uncertain if either will play in Game 6 Monday night in Boston. If they aren't able to, or do at less than 100 per cent, it changes the dynamic of the series as the Blackhawks are one win away from celebrating another championship.

"Both great players. I think any coach in the league, any player in the league would like to have those guys on their team," Chicago left-winger Patrick Sharp said.

Chicago captain Jonathan Toews was hurt on a hit by Boston's Johnny Boychuk in Game 5. GETTY IMAGES

Looking at the production on the ice, it's probable that no two players have had a bigger influence on the cup final than Toews and Bergeron. Coach Joel Quenneville's reuniting of Toews and Patrick Kane might have been exactly what the Blackhawks needed to cure their offensive woes, while Bergeron is as consistent an all-around performer as anyone will find in the NHL.

"He does everything right, basically," Bruins left-winger Brad Marchand said.

Boston coach Claude Julien called Bergeron day-to-day with a "body" injury. Quenneville said the Blackhawks were "optimistic" that Toews would play in Game 6 given that he was feeling much better Sunday. THE CANADIAN PRESS

Boychuk avoids ban

There was no sanction Sunday after the big hit by Bruins defenceman Johnny Boychuk on Chicago captain Jonathan Toews in Game 5.

- "There wasn't a penalty on the play, and it was one of those hits in a tight area in front of the net," said Blackhawks coach Joel Quenneville.

NHL

Leafs look to La-La Land for net help

The Toronto Maple Leafs looked to end their goaltending questions Sunday by trading for goalie Jonathan Bernier.

Bernier, stuck behind Jonathan Quick with the Los Angeles Kings, wanted to play more. The Leafs, according to GM Dave Nonis, were interested in upgrades at any position.

"I think it's incumbent upon every team to look at what's available and if there is an ability to improve you look to do it," Nonis said last week after the GM's meetings in Boston.

Toronto gave up forward Matt Frattin, backup goaltender Ben Scrivens and a second-round pick in either the 2014 or 2015 NHL Entry Draft. THE CANADIAN PRESS

Jonathan Bernier GETTY IMAGES

Spain works way into semis

Spain's Jordi Alba celebrates his goal in the third minute during a FIFA Confederations Cup match against Nigeria on Sunday in Brazil. Alba also scored in the 88th minute as World Cup champion Spain won 3-0 to set up a semifinal showdown with Italy. CLIVE ROSE/GETTY IMAGES

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MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	45	33	.577	—
Baltimore	42	34	.553	2
New York	41	34	.547	2½
Toronto	38	36	.514	5
Tampa Bay	39	37	.513	5

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	42	32	.568	—
Cleveland	38	36	.514	4
Kansas City	35	38	.479	6½
Minnesota	34	38	.472	7
Chicago	31	42	.425	10½

WEST DIVISION

	W	L	Pct	GB
Texas	43	32	.573	-½
Oakland	44	34	.564	—
Seattle	34	43	.442	9½
Los Angeles	33	43	.434	10
Houston	29	48	.377	14½

Sunday's results
Minnesota 5 Cleveland 3
Toronto 13 Baltimore 5
Detroit 7 Boston 5
Tampa Bay 3 N.Y. Yankees 1
Kansas City 7 Chicago White Sox 6
Pittsburgh 10 L.A. Angels 9 (10 inn.)
Seattle 6 Oakland 3 (10 inn.)
Saturday's results
N.Y. Yankees 7 Tampa Bay 5
Toronto 4 Baltimore 2
Chicago White Sox 3 Kansas City 2
Detroit 10 Boston 3
Cleveland 8 Minnesota 7
Pittsburgh 6 L.A. Angels 1
Seattle 7 Oakland 5
Monday's games — All times Eastern
Cleveland (Jimenez 5-4) at Baltimore (Britton 1-1), 7:05 p.m.
Toronto (Rogers 3-2) at Tampa Bay (Hellickson 5-3), 7:10 p.m.
Tuesday's games
Cleveland at Baltimore, 7:05 p.m.
Texas at N.Y. Yankees, 7:05 p.m.
L.A. Angels at Detroit, 7:08 p.m.
Colorado at Boston, 7:10 p.m.
Toronto at Tampa Bay, 7:10 p.m.
N.Y. Mets at Chicago White Sox, 8:10 p.m.
St. Louis at Houston, 8:10 p.m.
Atlanta at Kansas City, 8:10 p.m.
Cincinnati at Oakland, 10:05 p.m.
Pittsburgh at Seattle, 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	44	33	.571	—
Washington	37	38	.493	6
Philadelphia	36	40	.474	7½
New York	30	42	.417	11½
Miami	25	50	.333	18

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	47	28	.627	—
Pittsburgh	46	30	.605	1½
Cincinnati	45	32	.584	3
Chicago	31	43	.419	15½
Milwaukee	31	43	.419	15½

WEST DIVISION

	W	L	Pct	GB
Arizona	41	34	.547	—
San Francisco	38	37	.507	3
Colorado	39	38	.506	3
San Diego	38	38	.500	3½
Los Angeles	32	42	.432	8½

Sunday's results
Colorado 7 Washington 6
N.Y. Mets 8 Philadelphia 0
Atlanta 7 Milwaukee 4
Chicago Cubs 14 Houston 6
Miami 7 San Francisco 2
Cincinnati 4 Arizona 2
L.A. Dodgers 3 San Diego 1
Texas at St. Louis
Saturday's results
Colorado 7 Washington 1
Houston 4 Chicago Cubs 3
San Francisco 2 Miami 1 (11 inn.)
Philadelphia 8 N.Y. Mets 7
Milwaukee 2 Atlanta 0
Texas 4 St. Louis 2
Arizona 4 Cincinnati 3
L.A. Dodgers 6 San Diego 1
Monday's games — All times Eastern
Philadelphia (Lee 9-2) at San Diego (Stults 6-5), 10:10 p.m.
San Francisco (Bumgarner 7-4) at L.A. Dodgers (Ryu 6-3), 10:10 p.m.
Tuesday's games
Arizona at Washington, 7:05 p.m.
Minnesota at Miami, 7:10 p.m.
Chicago Cubs at Milwaukee, 8:10 p.m.
Philadelphia at San Diego, 10:10 p.m.
San Francisco at L.A. Dodgers, 10:10 p.m.

NHL PLAYOFFS

STANLEY CUP FINAL

(Best-of-7 series; All times Eastern)

CHICAGO (1) VS. BOSTON (4)
(Chicago leads series 3-2)
Saturday's result
Chicago 3 Boston 1
Wednesday's result
Chicago 6 Boston 5 (OT)
Monday's game
Chicago at Boston, 8 p.m.
Wednesday's game
x-Boston at Chicago, 8 p.m.
x — played only if necessary

SCORING LEADERS

	G	A	Pts
Krejci, Bos	9	16	25
Kane, Chi	9	10	19
Horton, Bos	7	12	19

CFL

PRE-SEASON

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Hamilton	2	2	0	0	85	26	4
Toronto	2	2	0	0	48	26	4
Montreal	2	0	2	0	46	57	0
Winnipeg	2	0	2	0	6	76	0

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Saskatchewan	2	1	1	0	54	48	2
Calgary	2	1	1	0	51	52	2
Edmonton	2	1	1	0	51	53	2
B.C.	2	1	1	0	51	54	2

Friday's result
Edmonton 27 British Columbia 22
Thursday's results
Hamilton 52 Winnipeg 0
Toronto 24 Montreal 20
Calgary 24 Saskatchewan 23

REGULAR SEASON

WEEK 1
Thursday's game — All Times Eastern
Montreal at Winnipeg, 10 p.m.
Friday's games
Hamilton at Toronto, 8 p.m.
B.C. at Calgary, 11 p.m.
Saturday's game
Saskatchewan at Edmonton, 4:30 p.m.

Horoscopes

♈ Aries
March 21 - April 20
By all means take advice from your friends but don't let anyone dissuade you from following your chosen course of action. If in doubt, listen to your inner voice.

♉ Taurus
April 21 - May 21
Try not to give in to feelings of self-pity today or it may color your entire week — in shades of dismal gray! You may be under pressure at the moment but you are tough enough to take it.

♊ Gemini
May 22 - June 21
Someone you think of as a friend is planning to get rich at your expense, so err on the side of caution in all partnership matters. Just because they were honest yesterday does not mean they will be honest today.

♋ Cancer
June 22 - July 23
It is too late to change the outcome of a long-running drama. All you can do is let fate take its course and trust that it will all work out fine in the end.

♌ Leo
July 24 - Aug. 23
If you want a peaceful life over the next few days you are advised to keep your opinions to yourself. That applies both to what you think about the state of the world and to other people's private affairs.

♍ Virgo
Aug. 24 - Sept. 23
You will have to make a few sacrifices this week, but it's really no big deal. In fact you will rather enjoy putting yourself out for other people's benefit.

♎ Libra
Sept. 24 - Oct. 23
There are so many changes going on at the moment that it may be a bit bewildering. In time, of course, everything will become clear but for now you are advised not worry about the future.

♏ Scorpio
Oct. 24 - Nov. 22
Are you thinking for yourself or are you following a fad just because everyone else is? It may be the latter and that is something you need to watch. There is no such thing as a "correct" opinion.

♐ Sagittarius
Nov. 23 - Dec. 21
You may be thinking of giving up on something that is not working out for you. Don't! Everything will change over the next few days and it's quite likely you will begin to make progress.

♑ Capricorn
Dec. 22 - Jan. 20
Other people may be telling you that you need to make changes but your solar chart says they are wrong. You are on the path you are supposed to be on.

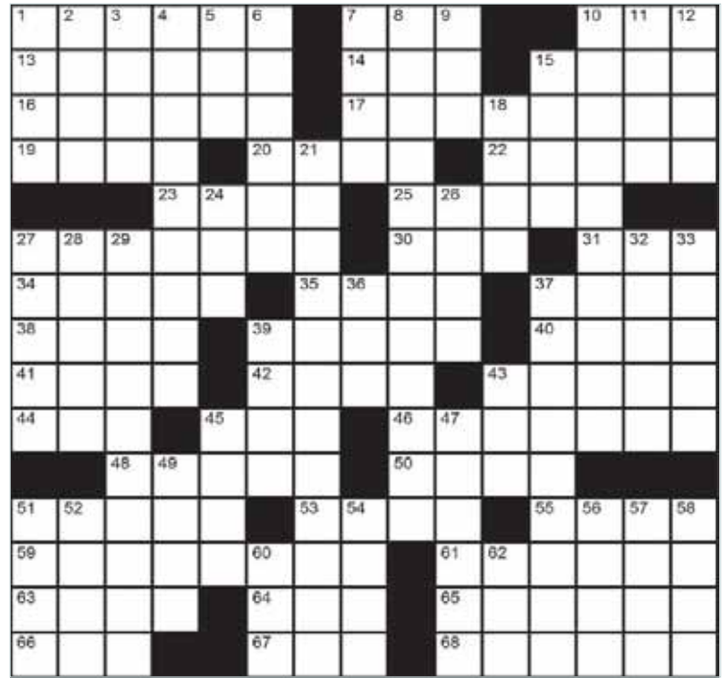
♒ Aquarius
Jan. 21 - Feb. 19
If your inner voice tells you to be careful you must listen to it. Cosmic activity in some of the more sensitive areas of your chart warns you are up against serious forces.

♓ Pisces
Feb. 20 - March 20
You are on the right track, of that there is no doubt. So why the persistent feeling that something is about to go wrong? Whatever the reason you've got to get past it. Great things await you. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



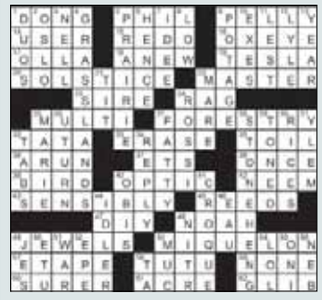
Across

1. The Ikea parking lot monkey
7. Belonging to Vancouver's prov.
10. "Casablanca" (1942) setting [abbr.]
13. Enthusiastic response to "Who wants ice cream?": 4 wds.
14. Baby __ (A.A. Milne character)
15. Largest union in the country [acronym]
16. Formed groups, __ up
17. NWT's __ Gulf (Named after Norwegian explorer Roald)
19. Alice's portrayer on "The Brady Bunch", __ _. Davis
20. Goblet part
22. Skirt style
23. Diet ads word
25. Spherical
27. Select a politician: 2 wds.
30. Greek alphabet letters
31. Car fuel
34. Opinionated newspaper columns
35. "Dirty Jobs" host, Mike __
37. Mr. Walesa (Former leader of Poland)
38. De __, Robert
39. Bobby-__ (1940s teen)
40. Opposing
41. "Rats!" ...less swearing-sounding
42. "___ Little Tenderness" by Otis Redding
43. Computers: _ _-__
44. Actress Ms. Irving
45. Not in, Bob & Doug style
46. Attorneys
48. Mr. Hill of movies
50. Heartburn relief brand
51. ___ rate
53. Industrial region of Germany
55. 'Noon' in Montreal
59. Shawnee chief (b.1768 - d.1813)
61. Detestable
63. Some trees
64. Universal ideal
65. Decayed
66. Married title
67. Ordinal suffix
68. Stunned

Down

1. Ms. Von Teese, Burlesque star
2. Port of Yemen
3. Horse hue
4. England's tennis championships
5. Chemical suffix
6. Says 'hello over there' non-verbally: 2 wds.
7. Highlands hillside
8. Edmonton Eskimos home, __ Stadium
9. Old French coin
10. Disco, for one: 2 wds.
11. Frank
12. Actor Mr. Auberjonois
15. Caesar's 451
18. Catches
21. Reason a CF-18 might be dispatched: 2 wds.
24. Suppositions
26. Repenter
27. Small town in Saskatchewan near Saskatoon
28. Poppy product
29. Winnipeg-born singer of "Seasons in the Sun": 2 wds.
32. Thespian
33. Construction wedges
36. __ Power Degreaser (Palmolive dishwashing liquid)
37. Pamela Anderson's birthplace in British Columbia
39. Ancient colonnade
43. Uniquely-spelled mountain basin
45. Suffix meaning 'word'
47. Town in Ontario's York Region
49. Encumbrance
51. Speck
52. Sad droplet
54. "Here comes trouble!": 2 wds.
56. 9th Greek letter
57. Union payments
58. Not is
60. Toronto thoroughfare, Queen __ _.
62. Arfer!

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		7				9		
		2	6		4	7		
8				1				4
	9	1	3		6	5	2	
	5	8	4		2	1	7	
2				5				3
		4	9		3	8		
		3				6		

Friday's Sudoku

1	2	8	4	6	3	9	5	7
4	9	3	7	5	8	1	2	6
6	5	7	9	2	1	4	8	3
2	6	9	1	8	5	3	7	4
7	1	5	3	4	9	2	6	8
3	8	4	6	7	2	5	9	1
5	3	6	2	1	7	8	4	9
8	4	1	5	9	6	7	3	2
9	7	2	8	3	4	6	1	5

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Cannot be combined with other offers.